



# Rutherford County

## **Walking surface safety and workplace injuries.**

“Safety is no accident.”

# Course Outline:

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## Objectives

Increase awareness of **RISKS** and **HAZARDS** of walking surfaces and workplace injuries in all county workplaces.

Know how to reduce your risk by applying walking surface **SAFETY**

Assessment *5 question quiz*

# What is a Workplace Injury?

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Workplace injury: An injury, illness or death arising out of and in the course and scope of employment.

Common workplace accidents at Rutherford County that result in injury:

Lifting/transporting objects

Slips, trips, and falls

Struck by or against an object

# Workplace Injury Statistics

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On each work day a fatal injury occurs every 2 hours and a disabling injury happens every 8 hours.

## What Causes Accidents?

**88%** Are caused by human error- under or overconfidence with the job and/or environment or taking short cuts

**10%** Are caused by mechanical failure – worn or faulty equipment

**2%** Are caused by acts of nature

Reference Reese C. D. *Accident/Incident Prevention Techniques*. London: Taylor & Francis (2001),

# Slips, Trips, and Falls

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**What are the 3 main causes of slips or trips?**

**Lack of Awareness** – not watching where you are walking, not wearing Personal Protective Equipment (PPE)

**Environmental or Engineering Factors** – broken hand rail, ice & snow

**Occupational Hazards** – pursuing suspects, waxing & stripping floors, struck by students

# Lack of Awareness

- Walking on wet floors
- Wearing the wrong footwear
- Texting while walking
- Jumping off docks, stages, trailers
- Carrying heavy or bulky objects
- Horseplay
- Cluttered work areas
- Unsecured cords, mats & rugs
- Furniture in walking paths



# If you find yourself heading for a fall, remember these last second tips:

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1. Attempt to tumble to the ground by letting your body crumple and roll.
2. Tuck your arms in because reaching out to break a fall may cause you to break or sprain an arm, wrist or finger.

These tips may not work in the majority of falling accidents but are proven to reduce your chances of being injured. This is simply a way to apply the **HAZARD**, **RISK** & **SAFETY** process by thinking ahead if you have no options to avoid an area with known slip or trip hazards.

# **Environmental & Engineering Factors Inspect Your Walking/Working Surface:**

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## **Environmental Factors**

Ice & Snow  
Tree Limbs  
Areas Around Sinks/Faucets  
Water Buildup at Entrance Ways  
Condensation Buildup  
Gravel & Mud Buildup  
Wet Grass

## **Engineering Factors**

Uneven Walkways  
Damaged Hand Rails  
Unmarked Elevation  
Inadequate Lighting  
Damaged Stairs/Ramps  
Missing Signage  
Torn/Frayed Carpet

*Report hazards of this nature to your supervisor and or safety contact ASAP*



# Occupational Hazards

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**Physical Job Requirements:** There are a few occupations that tend to have a higher **Risk** of slip, trip, and fall accidents because of walking/working surface **Hazards**. In these cases, preparation is the key to **Safety**. Below are two ways to reduce the risk of injury while performing job requirements with known hazards.

**Stretch** to warm up your core muscles everyday! Stretch again before lifting, pushing, pulling or reaching. Stretch before physically demanding tasks and in between repetitive motions.

**Wear PPE:** Slip-resistant outsole shoes for wet and greasy floors or high-top boots to prevent ankle sprains.

**Install safety devices** like harnesses or straps for above ground work, or slip-resistant floor mats in areas with water buildup.

# Unsafe Work Methods To Avoid

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## Samples:

Lifting, pushing, pulling, holding, carrying or throwing heavy objects.

Using equipment without inspecting it first

Disregarding the mandatory uses of Personal Protective Equipment (PPE)

Storing heavy objects on top shelves

Storing cleaners and other chemicals in unmarked containers

Climbing on chairs or tables

Allowing clutter to build up in your work space

Removing machine guards or safety devices to ease task completion

Wearing unapproved footwear or clothing for physical job demands

# Safety Awareness

## Know Your Hazards & Risk

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| <b>Hazard</b>                       | <b>Risk</b>       | <b>Safety</b>           |
|-------------------------------------|-------------------|-------------------------|
| <b>Lifting &amp; Moving Objects</b> | Strains/Sprains   | Plan/Stretch/Mech. Aid  |
| <b>Climbing</b>                     | Falling           | Ladders/Stools/Spotters |
| <b>Wet Floors</b>                   | Slips/Trips/Falls | Signage/ Awareness      |
| <b>Damaged Equipment</b>            | Cuts/Burns/Shock  | Equipment Inspection    |
| <b>Chemicals</b>                    | Exposure          | PPE/Reading Labels      |
| <b>Fire &amp; Steam</b>             | Burns             | PPE/Awareness           |
| <b>Blood-borne Pathogens</b>        | MRSA, Hep B & C   | Awareness/PPE/Vaccine   |

# Safety Is Everyone's Responsibility

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## Supervisors:

- Communicate workplace safety hazards & risk
- Ensure employees are trained & qualified for job tasks
- Enforce and promote workplace safety procedures
- Conduct safety inspections & accident investigations

## Employees:

- Talk to managers about safety concerns
- Follow safety policies & standard operating procedures
- Report all injuries that occur on the job
- ***Watch out for each other***

# Safety = Reducing the Risk

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1. Know the *Hazards* and associated *Risk*
2. Follow Standard Operating Procedures
3. Pay attention to your surroundings
4. Be mindful of unsafe work methods
5. Stay focused around safety hazards
6. Report safety hazards

# RCG- the Numbers

Rutherford County Government employees' injuries from slips, trips, or falls on walking surfaces from April 1, 2015 to March 31, 2016:

| <u>Causes</u>             | <u>Claim Count</u> |
|---------------------------|--------------------|
| Fall on same level        | 16                 |
| Fall from different level | 6                  |
| Slip on ice               | 7                  |
| Slip on wet floor         | 24                 |
| Fall on stairs            | 12                 |
| Fall from ladder          | 3                  |
| Falls causing fractures   | 4                  |
| Tripped over object       | 7                  |
| Slipped and lost footing  | 13                 |
| Fall from truck           | 2                  |
| Fall from chair           | 3                  |

**Slips, trips, or falls contributed to 97 On-the-Job injury claims last year, \$157,121 paid in claims to date.**

# Quiz

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Click on the link below to take a 5-Question Quiz.

<https://secure.rutherfordcountyttn.gov/insquiz/walkingsurface.aspx>

***You must take the quiz to receive credit for the Safety Training.***

Click link, enter SSN with dashes, take quiz, click submit. Your training will be recorded.

Questions? Contact: Kelli Perrien, 615-898-7715 or  
[kperrien@rutherfordcountyttn.gov](mailto:kperrien@rutherfordcountyttn.gov)